

Let's Talk Stress!

“L.A.U.G.H.” your way to more joy and balance

Beating stress, finding balance and creating wellness begins in the mind. What you take in emotionally/spiritually is as critical to your health and balance as what you eat, drink and breathe. Perception is reality. Your reality is not so much what happens to you but how you choose to respond to it. If you want to disrupt stress and experience real joy, balance and a state of wellness, the key is to L.A.U.G.H.!

L

Look at what you're looking at! It's all about **focus**. We tend to get what we focus upon. When you focus on anger, pain, and disappointment you tend toward despair, cynicism and hopelessness. When you focus on joy and hope, you discover how much already exists in your life.

A

Adjust your intake. The quality of what you take in is a good way to predict what will be expressed when the pressure is on. If you take in good words, loving thoughts and positive actions, your emotional and spiritual reserves are well supplied to deal with stress and adversity.

U

Use the mind-body connection. The connection between the physical and emotional is well documented, but poorly understood. Facial expression, posture, and voice will communicate a healthy attitude to others and inspire it in yourself.

G

Gratitude changes everything. Expressing gratitude overcomes your brain's hardwired negative bias, it forces you to notice the positives and it connects you to others by supplying their need to be recognized and cared about. If you only practiced one daily habit to improve your life, expressing gratitude would be it.

H

Humor yourself. Humor is both a toy and a tool to manage stress, defuse conflict, and cope with change. But like any tool, it can be misused in a way that is destructive and negative. Make your humor compassionate, inclusive and never at the expense of others.

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